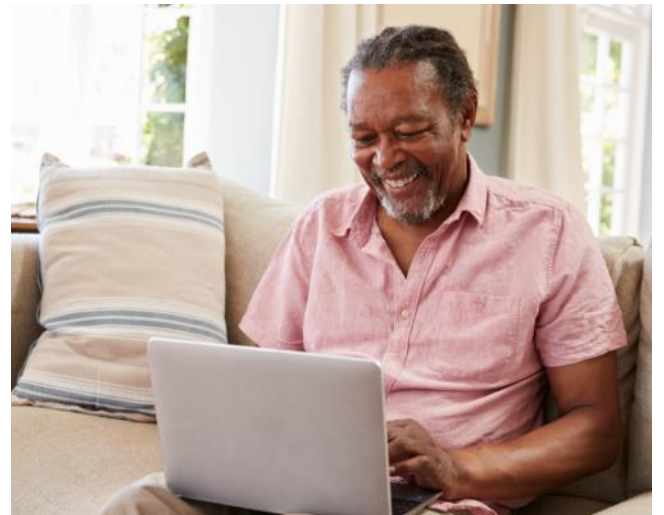
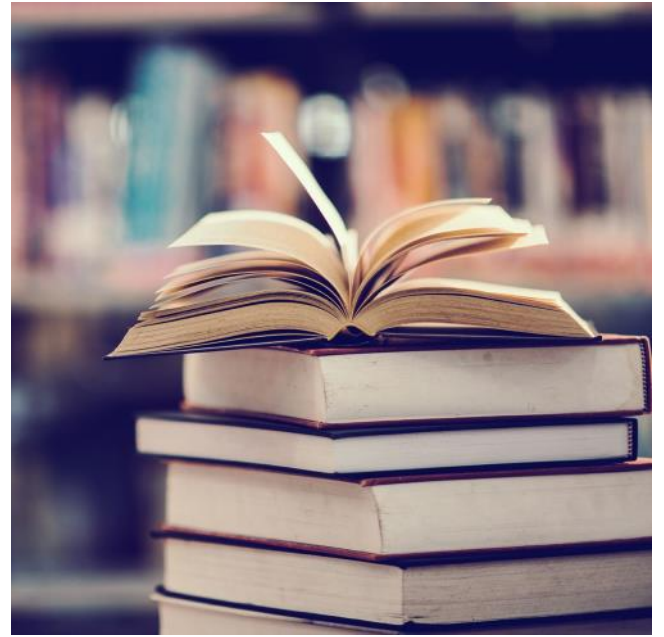


HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE



VIRTUAL PROGRAMS JULY 2021

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

Please note the password for all
FREE PROGRAMS is Summerfun50+

LEARN—LAUGH—READ—COOK—CRAFT—EXERCISE—LISTEN—CONNECT



UPDATES

Enrichment. Engagement. Connection. Growth

As the Howard County 50+ Centers reopen **without** appointments and capacity limits on July 1st, the center team continues its planning of in-person classes, and it is piloting some hybrid activities.

To balance the public facing responsibilities and the technology tasks associated with virtual programming, we have consolidated the virtual offerings' virtual programs to Tuesdays through Thursdays for July, and **Tuesdays and Thursdays for August**. The Virtual Group Exercise Package remains as scheduled through September and it may be modified based upon participation levels and instructor availability.

In-person programming across the 50+ centers will gradually increase in the months ahead. Please know that the entire Office on Aging and Independence team is deeply gratified by your positive response and feedback to our programming throughout the past 15 months. It is our privilege to serve you and to learn of the impact of our efforts in your lives.

We are pleased to announce that the Howard County Virtual 50+ Programs has been selected by engAGED: The National Resource Center for Engaging Older Adults to be featured on the engAGED Social Engagement Innovations Hub. This searchable online database engAGED is developing to facilitate the sharing and replication of best and promising social engagement practices. The National Resource Center is a project of the National Association of Area Agencies on Aging (n4a).



Frequently Asked Questions

Is there a new password for Free Programs in July?

Yes, the new password beginning in July for free programs is **Summerfun50+**.

How do I sign up for the Paid Fitness Class Pass? To register for the \$50 monthly fitness pass that includes 26 weekly classes, you can call 410.313.1400 or 410.313.5440 (voice/relay) Monday - Friday between 10 am - 2 pm. Those registered will receive the links and passwords for July on June 30th. To register on-line using your Active Net account: Search: Virtual 50+ Exercise Classes/A02490.401 on the Active Net site: <https://apm.activecommunities.com/howardcounty/> Passes purchased after the 15th of the month have a reduced fee.

How do I learn to use WebEx? Staff are available for one on one sessions to walk you through the platform, answer questions and get you into our virtual world. To set up an appointment, email Virtual50@howardcountymd.gov If you have a landline you could call into certain programs and still be engaged.

Will virtual programs continue now that centers are open? Yes, there will continue to be limited classes offered virtually. Beginning in August, Virtual Programs will be on Tuesdays and Thursdays.

Do I have to live in Howard County to participate? No you do not, anyone can join in our virtual offerings.

How can I get the newsletter sent to my inbox? Just click on this link to sign up in Constant Contact. [CONSTANT CONTACT SIGN UP](#)

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NOTEWORTHY

- The Howard County Covid-19 hotline # is 410-313-6284
- Programs by our community partners can be found on page 20
- New phone number for 50+Centers is 410-313-5400.
- SeniorsTogether Programs are slowly moving back into the centers. Brain Teasers on Thursdays is in person in center, and Trenders on Friday is in person in center. Questions? Call Karen 410.313.7466 or 410.313.7353

WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div>1</div> <div>POWER 8:30 AM Go to Page</div> <div>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</div> <div>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</div> <div>ZUMBA GOLD 10:30 AM Go to Page</div> <div>SEATED STRENGTH AND BALANCE 12 PM Go to Page</div> <div>NUTRITION EDUCATION 12 PM Go to Page</div> <div>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page In Person</div> <div>BOOK CLUB 1 PM Go to Page</div>	<div>2</div> <div>FLOOR, CORE & MORE 8 AM Go to Page</div> <div>CARDIO & CORE 9:30 AM Go to Page</div> <div>POWER 10:30 AM Go to Page</div> <div>BARRE NONE 11:30 AM Go to Page</div> <div>SENIORS TOGETHER TRENDS 1 PM Go to Page In Person</div> <div>BALANCE 4 ALL 1 PM Go to Page</div>

SATURDAY

3

HATHA YOGA
No Class

WEEK AT A GLANCE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>5</p> <p>CLOSED INDEPENDENCE DAY HOLIDAY</p>	<p>6</p> <p>POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>SEATED TAI CHI 12 PM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>NATIONAL PARK SERIES 1 PM Go to Page</p> <p>LIVE FROM CENTER STAFF 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>ACTIVE YOGA 5:45 PM Go to Page</p>	<p>7</p> <p>KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>BMI: DESTINATION BALTIMORE 11 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>GENTLE YOGA 1 PM Go to Page</p> <p>FIGURE OUT YOUR PHONE 3:30PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>8</p> <p>POWER 8:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>TED TALK 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page In Person</p>	<p>9</p> <p>FLOOR, CORE & MORE 8 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p> <p>BARRE NONE 11:30 AM Go to Page</p> <p>SENIORS TOGETHER TRENDERS 1 PM Go to Page In Person</p> <p>BALANCE 4 ALL 1 PM Go to Page</p>
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SATURDAY

10

HATHA YOGA
9:30 AM [Go to Page](#)

 \$ Paid Fitness Pass Classes
  \$ Paid Fitness Programs
  Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

<p>12 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 11 am Go to Page</p> <p>BOOK TALK WITH TOM GLENN 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p> <p>SENIORS TOGETHER CAREGIVER SUPPORT GROUP 7 PM Go to Page</p>	<p>13 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>CONNECTIONS CORNER MUSIC THERAPY 11 AM Go to Page</p> <p>SEATED TAI CHI 12 PM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>DIY PAPER CRAFTING 1 PM Go to Page</p> <p>PROTECTING YOURSELF FROM IDENTITY THEFT 1 PM Go to Page</p> <p>LIVE FROM CENTER STAFF 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>ACTIVE YOGA 5:45 PM Go to Page</p>	<p>14 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>CLUTTER BUSTERS 1 PM Go to Page</p> <p>GENTLE YOGA 1 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>15 POWER 8:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 Go to Page</p> <p>ASK THE NUTRITION EXPERTS 12 PM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>HCLS SUMMER READS AT YOUR LIBRARY 1 PM Go to Page</p> <p>ASK THE NUTRITION EXPERTS 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page In Person</p>	<p>16 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p> <p>BARRE NONE 11:30 AM Go to Page</p> <p>SENIORS TOGETHER TRENDERS 1 PM Go to Page In Person</p> <p>BALANCE 4 ALL 1 PM Go to Page</p>
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SATURDAY

17

HATHA YOGA
9:30 AM [Go to Page](#)

■ \$ Paid Fitness Pass Classes
 ■ \$ Paid Fitness Programs
 ■ Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div>19</div> <div>FLOOR, CORE & MORE</div> <div>8 AM</div> <div>Go to Page</div> <div>MINDFUL MONDAYS</div> <div>9 AM</div> <div>Go to Page</div> <div>STRENGTH TRAINING</div> <div>10 AM</div> <div>Go to Page</div> <div>ZUMBA GOLD</div> <div>10:30 AM</div> <div>Go to Page</div> <div>SENIORS TOGETHER THINK POSITIVE GROUP</div> <div>11 am</div> <div>Go to Page</div> <div>SEATED STRENGTH AND BALANCE</div> <div>12 PM</div> <div>Go to Page</div> <div>ARTHRITIS EXERCISE PROGRAM</div> <div>1 PM</div> <div>Go to Page</div> <div>BEGINNER SOUL LINE DANCE</div> <div>3 PM</div> <div>Go to Page</div> <div>CIRCUIT CONDITIONING</div> <div>5:45 PM</div> <div>Go to Page</div>	<div>20</div> <div>POWER</div> <div>8:30 AM</div> <div>Go to Page</div> <div>CARDIO & CORE</div> <div>9:30 AM</div> <div>Go to Page</div> <div>CONNECTIONS CORNER</div> <div>11 AM</div> <div>Go to Page</div> <div>YOGA WITH MARY</div> <div>11 AM</div> <div>Go to Page</div> <div>SEATED TAI CHI</div> <div>12 PM</div> <div>Go to Page</div> <div>SENIORS TOGETHER LOW VISION GROUP</div> <div>1 PM</div> <div>Go to Page</div> <div>GENEALOGY</div> <div>1 PM</div> <div>Go to Page</div> <div>LIVE FROM CENTER STAFF</div> <div>1 PM</div> <div>Go to Page</div> <div>BALANCE 4 ALL</div> <div>1 PM</div> <div>Go to Page</div> <div>ACTIVE YOGA</div> <div>5:45 PM</div> <div>Go to Page</div>	<div>21</div> <div>KICKBOXING</div> <div>8 AM</div> <div>Go to Page</div> <div>QI GONG</div> <div>9 AM</div> <div>Go to Page</div> <div>SENIORS TOGETHER OPEN MIND GROUP</div> <div>9:30AM</div> <div>Go to Page</div> <div>STRENGTH TRAINING</div> <div>10 AM</div> <div>Go to Page</div> <div>MAT PILATES</div> <div>11:15 AM</div> <div>Go to Page</div> <div>MIND & BODY CONNECTION</div> <div>12 PM</div> <div>Go to Page</div> <div>NATIONAL PARK SERIES</div> <div>1 PM</div> <div>Go to Page</div> <div>SITTERCIZE</div> <div>1 PM</div> <div>Go to Page</div> <div>TASTY TIDBITS</div> <div>11 AM</div> <div>Go to Page</div> <div>ARTHRITIS EXERCISE PROGRAM</div> <div>1 PM</div> <div>Go to Page</div> <div>GENTLE YOGA</div> <div>1 PM</div> <div>Go to Page</div> <div>FIGURE OUT YOUR PHONE</div> <div>3:30PM</div> <div>Go to Page</div> <div>CIRCUIT CONDITIONING</div> <div>5:45 PM</div> <div>Go to Page</div>	<div>22</div> <div>POWER</div> <div>8:30 AM</div> <div>Go to Page</div> <div>FOUNDATIONS OF MOVEMENT</div> <div>9:30 AM</div> <div>Go to Page</div> <div>SENIORS TOGETHER NEWS TALK</div> <div>10 AM</div> <div>Go to Page</div> <div>ZUMBA GOLD</div> <div>10:30AM</div> <div>Go to Page</div> <div>TED TALK</div> <div>11 AM</div> <div>Go to Page</div> <div>SEATED STRENGTH AND BALANCE</div> <div>12 PM</div> <div>Go to Page</div> <div>SENIORS TOGETHER BRAIN TEASERS</div> <div>12:30 PM</div> <div>Go to Page</div> <div>In Person</div>	<div>23</div> <div>FLOOR, CORE & MORE</div> <div>8 AM</div> <div>Go to Page</div> <div>CARDIO & CORE</div> <div>9:30 AM</div> <div>Go to Page</div> <div>POWER</div> <div>10:30 AM</div> <div>Go to Page</div> <div>BARRE NONE</div> <div>11:30 AM</div> <div>Go to Page</div> <div>SENIORS TOGETHER TRENDERS</div> <div>1 PM</div> <div>Go to Page</div> <div>In Person</div> <div>BALANCE 4 ALL</div> <div>1 PM</div> <div>Go to Page</div>	
					SATURDAY
					<div>24</div> <div>HATHA YOGA</div> <div>9:30 AM</div> <div>Go to</div>



\$ Paid Fitness Pass



\$ Paid Fitness Program



Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>26 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 11 am Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>27 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>TECH TUESDAY 11 AM Go to Page</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>SEATED TAI CHI 12 PM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>LIVE FROM CENTER STAFF 1 PM Go to Page</p> <p>BALANCE 4 ALL 1 PM Go to Page</p> <p>DIY PAPER CHAIN WALL HANGING 2 PM Go to Page</p> <p>ACTIVE YOGA 5:45 PM Go to Page</p>	<p>28 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>BEAUTIFYING YOUR GARDEN WITH BULBS 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 1 PM Go to Page</p> <p>GENTLE YOGA 1 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>29 POWER 8:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30AM Go to Page</p> <p>WALTERS ART MUSEUM THE ART OF LOOKING 11:30 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page In Person</p>	<p>30 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p> <p>BARRE NONE 11:30 AM Go to Page</p> <p>SENIORS TOGETHER TRENDERS 1 PM Go to Page In Person</p> <p>BALANCE 4 ALL 1 PM Go to Page</p>
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\$ Paid Fitness Pass



\$ Paid Fitness Program



Free Programs

\$ Fitness Pass Classes

Floor, Core and More

Mondays and Fridays, 8 am

This class targets challenging areas of the body: thighs, abs and backside. Tighten, tone and strengthen those core areas. Class predominantly done on the floor.

Taught by Michelle Rosenfeld

Mindful Mondays

Mondays, 9 am

A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.

Taught by Connie Bowman

Zumba Gold

Mondays and Thursdays, 10:30 am

**Taught by Courtney Bracey, Mondays
Jackie Jones, Thursdays**

Seated Strength and Balance

Mondays and Thursdays, 12 noon

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells to improve strength and overall mobility as we move to fun music.

Taught by Michelle Rosenfeld

Circuit Conditioning

Mondays and Wednesdays, 5:45 pm

This class combines the best of both worlds: strength and cardio. Raise your heart rate during cardio so your muscles can receive the most benefit when followed by strength training routines. Strength exercises will help to increase lean muscle mass, while cardio helps to improve cardiovascular function. Have dumbbells or household equivalent available for strength training. Modifications available for all exercises.

Taught by Michelle Rosenfeld

Power

Tuesdays and Thursdays, 8:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Cardio and Core Class

Tuesdays and Fridays, 9:30 am

Exercises to get your body moving at home, designed for those who are looking for a low-impact cardio class to get your heart pumping while strengthening your core.

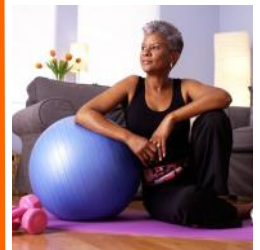
Taught by Pam Beck

Yoga with Mary

Tuesdays, 11 am

Join Mary for a series of weekly yoga classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We will mostly be standing up in this flowing class.

Taught by Mary Garratt



\$ Fitness Pass Classes

Seated Tai Chi

Tuesdays, 12 pm

This seated class will introduce participants to the Chinese exercise forms of Tai Chi & Qi Gong. Easy-to-follow movements will improve your body awareness, strengthen your joints and muscles, and help you develop a state of mental quietness and relaxation. A chair without arms, water, and patience will make your Tai Chi experience healthy, rewarding, and enjoyable.

Taught by Charles Toth

Balance 4-All

Tuesdays, Fridays, 1 pm

This class combines a perfect blend of balance, flexibility, posture, strength and agility. With the use of dumbbells (or any other household substitute) and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling.

**Taught by Margaret Wolf: Tuesdays
Allison Harmon: Fridays**

Active Yoga

Tuesdays, 5:45 pm

This yoga class will keep you moving. Flow continuously through sequences of traditional Sun Salutations and standing postures, link breath with movement, and work to build strength and endurance while you improve balance and flexibility. Ability to get up from the floor is recommended.

Taught by Bev Ludwig

Kickboxing

Wednesdays, 8 am

Start kickin' it with this introductory cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout increases strength and cardio-vascular fitness. Class conducted at low-impact level.

Taught by Michelle Rosenfeld

Qi Gong

Wednesdays, 9 am

This class includes a gentle warm-up to open the joints in preparation for the Qi Gong practice which relaxes the body, focuses the mind, calms the nerves, and reduces the ill effects of stress. Come as you are and enjoy the simple yet profound experience of Qi Gong for harmonizing mind, body, and spirit. Open to all levels, no experience or special equipment required. Water and chair are recommended.

Taught by Jessica Koch

Mat Pilates

Wednesdays, 11:15 am

Using the abdominal exercises of fitness pioneer Joseph Pilates we re-awaken core muscles and breathe life back into the spine, and return balance, stability, and flexibility to our bodies. Suitable for those who can get up and down from the floor safely. Yoga or Pilates mat highly recommended.

Taught by Maggie Lockhart



\$ Fitness Pass Classes

Gentle Yoga

Wednesdays, 1 pm

Learn to love your body with one gentle movement at a time. This class will build overall body strength and bring energy back to your body through stretching and breathing exercises. This class is done predominantly on the floor.

Equipment recommended: mat, towel, yoga blocks (or firm pillow) and water.

Taught by Lisa Rados

Foundation of Movement

Thursdays, 9:30 am

This class helps to build a solid core foundation upon which to improve overall balance, stability, flexibility and movement. Exercises are drawn from Yoga, Pilates, and basic strength classes. This class is primarily done on the floor with options for standing or sitting. Recommended equipment: mat, water, small ball or pillow, and a yoga strap or towel.

Taught by Bob McDowell

Power

Fridays, 10:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Barre None

Fridays, 11:30 am

This class will take you through Ballet, Pilates, and Functional “barre” movements **without the barre!** Using a sturdy countertop or table and light weights (dumbbells or other household substitutes: water bottles, soup cans, etc.) you will lengthen and strengthen your entire body. Modifications for exercises will be provided.

Taught by Robbie Compson

Hatha Yoga

Saturdays, 9:30 am

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Taught by Mary Garratt



\$ Paid Fitness Programs

Arthritis Foundation Exercise

Mondays and Wednesdays, 1 pm

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by a trained program leader. Suitable for participants diagnosed with arthritis. Fee to participate, registration required. For more information contact mburgess@howardcountymd.gov or call **410.313.5440 to register.**

(This program is partially funded under Title III-D of the Older Americans Act of 1965. Individuals 60 and over are encouraged to make the suggested donation to ensure viability of the program. Those 59 and under pay the actual cost).

~~I'm tired~~
~~It's too cold~~
~~It's too hot~~
~~It's raining~~
~~It's too late~~
Let's go

\$ Personal Training

Want to get started with a healthy exercise routine but you don't know where to begin? Consider looking to us for one on one exercise. Virtual Personal Training is available by appointment. Sessions are 30 minutes w/first session being 45 minutes.

Cost:

Single Session: **\$45**

4 Session Package: **\$160**

8 Session Package **\$299**

Appointment Times:

Mondays 1 - 5 pm

Wednesdays 10 am – 1 pm

Fridays 3 – 6 pm

Call 410.313.1400 to register.

\$ Exercise Consultations

Are you looking for guidance on starting or changing an exercise routine? Schedule a one-on-one, 30-minute virtual consultation with our Exercise Specialist, Malarie Burgess. We will work together to tailor a fitness plan best suited to your needs from the comfort of your own home. All available July appointment times are listed in the registration link, you will select your appointment at checkout. Contact mburgess@howardcountymd.gov or 410-313-6073 with questions. Registration link: https://anc.apm.activecommunities.com/howardcounty/daycare/program/558?onlineSiteId=0&from_original_cui=true&online=true or activity number A05490.801.

Cost: \$15 per session



Free Fitness Classes

Strength Training

Mondays, Wednesdays, 10 am

A workout that uses body weight and light hand weights in low impact movements to strengthen the major muscles in the body.

Taught by Leah Daniels No Class 7/5 - 9/6

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me2f268b528800dc2f9e13d6353f05461>

Meeting # 172 893 6556

Password: Summerfun50+

Beginner Soul Line Dancing

Mondays, 3 pm

This beginner soul line dance class involves step-by-step instruction for choreography and concludes with dances performed to pop and rhythm and blues music. Multiple dances will be performed within the hour.

Taught by Jessie Barnes No Class 7/5 - 9/6

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb07b28846feb9d9605a8b36d507465db>

Meeting # 172 124 3369

Password: Summerfun50+

Sittercize

Wednesdays, 1 pm

A 45-minute class for those who prefer a seated workout as well as those who may want some moderate standing exercise. Easy-to-follow moves will help you maintain and improve your strength and mobility while exercising to fun and upbeat music. Light hand weights, soup cans or water bottles are optional.

Taught by Marianne Larkin

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb8637b288bc9ae63f251e1e1e9d1d4bf>

Meeting # 172 098 4017

Password: Summerfun50+



Arts & Music

Walters Art Museum: The Art of Looking

Thursday, July 29, 11:30 am

How do we look at a work of art? Guided by a docent educator, practice your skill at close looking to gain a deeper understanding of works from the Walter's collection. What will you notice? And, what does it mean?

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0a1ab131a6b1831a3956ab6674e54dc7>

Meeting #172 881 9114

Password: Summerfun50+

Computers & Technology

Figure Out Your Phone

Wednesdays, July 7, 21, 3:30pm

Join students and learn one on one how to figure out your iPhone or android. Learn what your phone can do and how to do it. These students have a volunteer organization dedicated to assisting older adults with technology. Tune in and get the help you need.

Presented by Ramsey Sheibani, Robert Finegar and Keon Parsa

Click link below to join

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8af1ffc71a9c2355a9a59e5b4d3a9e23>

Meeting # 172 724 6659

Password: Summerfun50+

Tech Talk

Tuesday, July 27, 11 am

Do you ever feel like there's just so much information on the internet and you wish there was way to organize it all, or even create a curated newsfeed just for you? In this class we'll talk about news aggregators, and how to tame the information overload into something more manageable and personalized.

Presented by Lucky Sohi

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0951b8686bd80f98dca0fd86671bb9d1>

Meeting #172 209 0788

Password: Summerfun50+

Food, Nutrition and Cooking

Nutrition Education

Thursday, July 1, 12 noon

There are so many weight loss diets out there-but which one works the best? Registered Dietitian Carmen Roberts will break down popular diets and discuss the ones that are the most successful for weight loss and maintenance.

Presented by Carmen Roberts, R.D.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5741f7c11294470b99f7bdbb6b142ca1>

Meeting #172 262 3476

Password: Summerfun50+

Ask the Nutrition Experts

Thursday, July 15, 12 noon

Love to grill out in the summertime? Join our nutrition experts who will offer tips on the best way to grill out safely this summer. New recipes and grilling techniques will also be shared.

Presented by Carmen Roberts, R.D. and Nutrition Specialist Cheryl Campbell

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf1f611bd7dca5c1de461bb09633fc40e>

Meeting #172 792 8605

Password: Summerfun50+

Food, Nutrition and Cooking

Tasty Tidbits: Better For You Burgers

Wednesday, July 21, 11 am

Burgers can be both healthy and satisfying by choosing lower saturated fat protein options and mixing up the add-ins and toppings. Summer is a great time to fire up your grill (or stove top) to experiment with some alternative and tasty burger recipes.

Presented by Alison Gerber

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5d340d2560fd815bd0d0d79848d7e2f4>

Meeting #172 193 9646

Password: Summerfun50+

Virtual Nutrition Consultations

Monday, August 2, 4 - 6 pm

Our Registered Dietitian, Carmen Roberts, is available for virtual nutrition consultations (via video or phone). During this 30-minute session, she can answer your questions about diet, nutrition, and the impact of food on your health. Please note no virtual appointments in July or September due to holidays on the first Monday. Click link to: [Register For A Virtual Nutrition Consultation](#)

Health & Wellness

Mind & Body Connection

Wednesday, July 21, 12 noon

It's wonderful to know now that the medical profession understands that emotions affect our health. This presentation will correlate disease processes to emotions and physical breakdown. Learn self-healing techniques based on the 7 major energy points in our bodies called Chakras. Explore this fascinating way to feel your best.

Presented by Sharon Burns, RN, BSN, MA, Holistic Practitioner

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m13b9a9fbe01e267a510c41c78c898d61>

Meeting #172 339 2657

Password: Summerfun50+

History, Culture, Current Events

BMI: Destination Baltimore, The Story of Immigration and Opportunity

Wednesday, July 7, 11 am

For almost two million people, Baltimore was the destination that promised a new life, hope and opportunity. Beginning in earnest in the 18th century, accelerating through the 19th, immigrants provided the labor force so necessary for Baltimore to become an industrial powerhouse. Early arrivals endured often tortuous Atlantic crossings under sail. Later steam powered ships sped the trip, but steerage accommodation offered little improvement to time spent at sea. Who were these people? Where were they from? Why did they abandon their homes? These and other questions are explored in Destination Baltimore.

Presented by Jack Burkert

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8a5c23549925fb02cc1b442aa0972749>

Meeting# 172 608 6323

Password: Summerfun50+

History, Culture, Current Events

TED Talk

Thursday, July 8, 22, 11 am

Join Lucky and watch and listen to a different TED talk each session. Enjoy discussion afterwards. Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me79927c8190f1cf7d97a5cc01899c860>

Meeting # 172 899 7993

Password: Summerfun50+

Book Talk: "Secretocracy" & "Coming to Terms"

Monday, July 12, 11 am

Tom will read from his two most recent books, Secretocracy, a novel about the Trump administration's attack on an intelligence budgeteer, and Coming to Terms, a collection of short stories about coping with life's reverses.

Presented by Tom Glenn

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma01114b7c2cc856c0e858e8e9582296b>

Meeting #172 661 0382

Password: Summerfun50+

Home, Hobby & Garden

DIY Paper Crafting

Tuesday, July 13, 1 pm

Bring your paper crafting projects for a show and tell. See a journal making project and an incredible paper transformation.

Presented by Cathy Burkett and Regina Joffe

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9f950c7866c6ad25dae1c17af04e7a5d>

Meeting #172 520 9347

Password: Summerfun50+

Clutter Busters

Wednesday, July 14, 1 pm

Clutter Busters! Start with our list of 100 things to get rid of. Then, we will add your suggestions to the list. Let's get back to work! Join, virtually, or live at East Columbia 50+ Center.

Presented by Meridy McCague

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9434601572be433dd323660d0043d8a0>

Meeting # 172 147 8253

Password: Summerfun50+

Genealogy with Bill Amos - Family Trees

Tuesday, July 20 1 pm

Join Bill for a presentation on Family Trees. He will explore the benefits and pitfalls of using "Family Trees" created by others. The importance of verifying and confirming data that others have compiled. There will be something for beginners through veteran genealogists to enjoy and learn.

Presented by Bill Amos

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4771bd3ea2af5ac67a54707bccf1a310>

Meeting # 172 114 2732

Password: Summerfun50+

Home, Hobby & Garden

DIY Paper Chain "Rainbow in the Sky" Wall Hanging

Tuesday, July 27, 2 pm

Create the most basic and simplest paper craft. This beautiful wall hanging is no quick and easy feat, so be prepared to enjoy this project over the summer. Pick up your tools and material list at the Bain 50+ Center front desk.

Presented by Linda Ethridge

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8aeb4aa5083f5927752e16d8f628f418>

Meeting #172 344 4553

Password: Summerfun50+



Literature & Theater

Book Club

Thursday, July 1, 1 pm

A good book can change our perspective and broaden our horizons. If you love to read, join us for conversation and connection over a good book! For July 1st, our book selection is *A Gentleman in Moscow* by Amor Towles. On August 5th we will discuss *The Midnight Library*, by Matt Haig.

Facilitated by Jeannie DeCray

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m36f4836044abe986929ee185a7d4088a>

Meeting #172 533 0398

Password: Summerfun50+

HCLS Summer Reads at Your Library

Thursday, July 15, 1 pm

Summer is in full swing and there is nothing better than relaxing in the sun with a good book! Whether you are heading out to the beach or just curling up on your couch, come learn about some of the great books available through the Howard County Library System that will help you escape into summer.

Presented by Victoria Riese, Assistant Manager Glenwood Branch

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m780ec013538d244157d763328ca167f2>

Meeting # 172 333 1671

Password: Summerfun50+

Nature & Gardening

National Park Series: The National Mall and Memorials

Tuesday, July 6, 1 pm

Join Ranger Jennifer Rudnick as she gives us an informational tour of some of the memorials you can visit at National Mall and Memorial Parks a National Park right next door in Washington DC

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc8c1566c6cee378bbfad05411ea1b0ff>

Meeting #172 758 2311

Password: Summerfun50+

National Park Series: Friendship Hill National Historical Site

Wednesday, July 21, 1 pm

Who is Albert Gallatin? What did he do to earn a place in history? What about the Whiskey Rebellion? What side was he on during this taxing dispute? Which side would you choose? Join us on Wednesday July 21 at 1pm to hear more about Albert and Friendship Hill and Whiskey and Rebellion!

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m68aff27ba014288951c2811153647dd1>

#172 623 4479

Password: Summerfun50+

Meeting

Nature & Gardening

Beautifying Your Garden with Bulbs

Wednesday, July 28, 1 pm

It's never too early to start ordering bulbs for fall planting. Spring and summer gardens are beautifully enhanced with these easy to grow and maintain garden gems. This talk will discuss the when, where and how to add bulbs to your garden landscape.

Presented by Howard County Master Gardener Caroline Feil

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mca4bffde593734b3c8e67a7a88da4062>

Meeting #172 708 9651

Password: Summerfun50+

Social Connections

Live from Center Staff

Grab a cup of coffee, tea or a snack and join team members from North Laurel for conversation and connection. Stay informed and share your thoughts.

Tuesday - Centers Rotate 1 pm

Click link below to join Live From Center Staff (Rotating Centers)

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m032c4edf0b0dc3f3df0b571e7291057c>

Meeting #172 512 4092

Password: Summerfun50+

Call in option: 1-650-479-3207

Connections Corner

Tuesdays, 11 am

We're Back! Join us at 11am every Tuesday in July for fun and fellowship! We are playing virtual BINGO! July 6th and July 27th. We will have word games, trivia and brain teasers on July 13th and the music therapist July 20. Every week except July 13th, Michelle will lead us in exercise!

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2273c6335165c91707e600b983778163>

Meeting #172 152 9827

Password: Summerfun50+

Kindred Spirits Social Club

Have you or someone you know been diagnosed with Alzheimer's or another type of memory disorder and is early stage? Kindred Spirits Social Hour is a social engagement program for persons to come together to share their stories and engage in activities designed for their abilities. The Glenwood Social Day staff welcomes your loved one to join this weekly program that features conversation, support, and activities. A caregiver may need to be available to provide computer assistance. Contact Judy Miller at 410-313-5441 or jumiller@howardcountymd.gov

Support Services

Protecting Yourself From Identity Theft

Tuesday, July 13, 1 pm

Please join us for a program on understanding ID Theft. Learn how to protect yourself from having your Identity stolen.

Presented by Lila Boor

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m676b011dd295033d50f0cd0ad6a3eb50>

172 533 1375

Password: Summerfun50+

Meeting #



NEW! VIRTUAL GROUP SCHEDULE

Weekly sessions, unless otherwise noted.

The SeniorsTogether groups below will meet VIRTUALLY until further notice.

The 50+ Center name designated next to each time slot is a **reference point only** to the original meeting place. Participation is free and all groups are facilitated by older adult peers.

MONDAYS

THINK POSITIVE GROUP

11:00 a.m. to noon (Met at Elkridge 50+ Center)

Learn and discuss ways to make positive thinking a daily practice and support each other on the journey.

CAREGIVER SUPPORT GROUP

7:00 to 8:30 p.m. (Met at East Columbia 50+)

(3rd Monday of the month)

For adult caregivers caring for another adult. Focuses on practical needs, resources, social networking, emotional support and downtime.

TUESDAYS

LOW VISION SUPPORT GROUP

1:00 to 2:15 p.m. (Conference Call Only)

Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence.

WEDNESDAYS

OPEN MIND GROUP

9:30 to 11:30 a.m. (Met at Elkridge 50+)

In-depth, civil discussions on a wide range of topics to promote greater understanding of the values and experiences that inform us.

THURSDAYS

NEWTALK

10:00 to 11:30 a.m. (Met at North Laurel 50+)

Lively discussion group focusing on current news locally, nationally and globally.

BRAINTEASERS

12:30 to 1:30 p.m. (Met at Bain 50+)

Challenge your mind, strengthen memory using games, puzzles and other activities.

FRIDAYS

TRENDERS

1:00 to 2:30 p.m. (Met at Bain 50+)

A lively, open-minded discussion group with a loosely structured agenda.

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

www.howardcountymd.gov/aging

TO REGISTER OR FOR ADDITIONAL INFORMATION, CONTACT

Karen Hull TELE 410-313-7466 (VOICE/RELAY)
EMAIL khull@howardcountymd.gov

Elaine Widom TELE 410-313-7353 (VOICE/RELAY)
EMAIL ewidom@howardcountymd.gov

If you need this in an alternate format, or accommodations to participate, contact MAP at 410-313-1234 one week prior to a scheduled event.

Join with the [Howard County Local Health Improvement Coalition](http://www.hclhic.org) (HCLHIC) and member organizations as we take part in community-wide efforts to improve health and reduce health disparities here in Howard County. Learn more at www.hclhic.org.

Events listed below are provided by HCLHIC member organizations. If you have any questions about these events, please contact the event organizers directly.

Click [here](#) for a listing of other free webinars that promote healthy movement, mindful meditation, healthy eating, and more.



COVID-19 Vaccine Clinic

Vaccine clinic appointment registration links are posted here:

vaccine.howardcountymd.gov. All clinics are Moderna and open to anyone ages 18 and older, unless another vaccine is noted. No residency or documentation requirements.

Colorectal Cancer Screening Program (CRCP)

Colorectal cancer is the leading cause of cancer death in Howard County. Colorectal cancer may be prevented through recommended screening, early detection, and treatment. For more information about preventative treatment, visit CRCP website, call 410-313-4255, or email askhealth@howardcountymd.gov

CAREAPP – Connecting People and Programs in Howard County

CAREAPP is a Howard County Health Department sponsored website that connects people to community programs and services. Search over 1,700 programs serving Howard County. Visit FindHCResources.org.

Living Well with Chronic Disease

The virtual Living Well with Chronic Disease class is a free 6-week self-management program for those who have or are at risk for diabetes, obesity, cancer, etc where you learn skills to help you manage chronic health conditions via Zoom. To sign up visit <https://bit.ly/living-well-virtual> , email HCGH-J2BH@jhmi.edu or call 410-740-7601.

Cancer Self-Management Class

The virtual Cancer Self-Management class is a free 6-week self-management program for those who have cancer where you learn skills to help you manage chronic health conditions via Zoom. Share experiences and identify solutions for creating a supportive environment. To sign up visit <https://bit.ly/CancerManagementClass> , email HCGH-J2BH@jhmi.edu or call 410-740-7601.

Virtual Diabetes Support Group

The Virtual Diabetes Support Group offers free education and support for those with prediabetes, Type 1, and Type II Diabetes every third Thursday of the month via Zoom. To sign up visit <http://bit.ly/VirtualDiabetesGroup>. Contact Kristine Batty, NP at kbatty2@jhmi.edu with questions.

Member Care Support Network (MCSN)

The [Member Care Support Network](#) offers free non-medical support services (e.g. transportation and companionship) to Howard County residents 18 years or older. To enroll or for more information visit hcg.org/mcsn, email HCGH-J2BH@jhmi.edu or call 410-740-7601.

